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Let's Talk EXTENSION NUTRITION

with EVELYN L. BLANCHARD

Nutrition Specialist, Federal Extension Service

U. S. Department of Agriculture • Washington 25, D. C.

REPORT OF THE PRE-CONVENTION MEETING OF EXTENSION NUTRITIONISTS IN WASHINGTON, D. C., MONDAY, JUNE 25, 1956 1/

Twenty-four Extension Nutritionists met in Washington, D. C. June 25 for a luncheon and afternoon pre-convention meeting, prior to the American Home Economics Association Convention. Janet Cameron was chairman of the meeting.

Officers were chosen for next year as follows: Flora Carl and Josephine Flory, co-chairmen and Jewel Graham, secretary-treasurer. The group decided to use the money on hand before collecting any more dues as there is a considerable reserve to take care of expences.

Two panels discussed: Teen-age Nutrition--What to do about it, and Program Projection. Leaders were May Foley and Mabel Doremus. Nutritionists who served on the panels reported what is being done in their States.

Teen-age Nutrition

May Foley opened the first panel with a discussion of the nutritional needs of teen-agers. Some of the important points she brought out were: (1) the greatest growth in adolescence is between the ages of 11 to 16 for girls and for boys, 12 to 16, (2) it is a good sign when teen-agers are hungry because they need tremendous amounts of food for growth and energy, (3) their demands for protein and calcium are especially high and (4) iodine is often mentioned as an essential. She pointed out that surveys show the teen-agers are among the poorest fed of any age group. According to the program projection report from the USDA, families are going to eat fewer meals together and more snacks will be eaten. She questioned, "If this is true, what are they going to eat?"

The weight control program in Indiana was described by Miriam Eads in which about 4,000 people participated. It was open to anyone whether they wanted to gain weight, maintain or reduce their weight. Adoles-

1/ Prepared by Mildred Dunn, 4-H Specialist in Foods and Nutrition, New York State College of Home Economics, Ithaca, New York.

cents took part in the program. In one county teen-agers who took part help other girls with weight problems. The program was carried out in cooperation with the State Medical Association, the Health Department, and a psychologist and sociologist.

Irene Wolgamot emphasized the importance of teen-age nutrition by bringing out that there will be 70% more young people between 13 to 18 in the 1960's, girls are marrying younger than in the past and that 1 out of 5 in this age group is heavy or obese. New Jersey is planning a meeting on teen-age nutrition to which parents, teachers, doctors, nurses, and teen-agers will be invited.

In Virginia, Mrs. Thompson reported that nutritionists developed lessons in Outdoor Cookery for boys and girls to satisfy the need to do things together. They also worked out a milk drink leaflet to be used by both boys and girls. May Stanek told about dividing their teaching materials into junior and senior projects. Picnic Time and Snack Time are junior projects, senior projects are, Quick Meals, Outdoor Cookery and Special Interest Meals.

Virginia Wilson told of a study conducted to find out what teen-agers eat. Those who took part in the study had enough bread and cereal, 7% had no milk, 34% had no vitamin C-rich foods, and about half need to include more green and yellow vegetables. She showed a poster, "What do Teen-agers Want?" This is used in program planning with agents. Some activities which are helping to put across nutrition are Milk Drinking Clubs and Dairy Foods Demonstrations. Elizabeth Roberts reported on a survey conducted to find out the eating habits of this age group.

Evelyn Blanchard gave a brief report of the meeting of the National 4-H Foods and Nutrition Program Development Committee held during National 4-H Club Camp.

The recommendation was made to send Miss Blanchard dates of special meetings which we think might be of interest to other nutritionists in our area.

Program Projection

To start the discussion Mabel Doremus defined program projection, some of the important trends of the times, and raised the question, "Where do we go from here?"

States are approaching program planning in similar ways. From the discussion these points were brought out:

Nutritionists are participating more in program planning than formerly. Some are going into counties to help plan and in some cases, they visit specific families.

There is a cutting down on program--fewer problems are taken to solve at a given time.

More people are involved and interested in program planning--more families are participating.

In some States nutritionists are doing more agent training than before.

Extension staff are working more closely together--there are more coordinated programs (management, family life and consumer education).

People who have not been connected with the Extension Service are involved in helping to work out plans and procedures.

Extension staff members are looking to psychologists, sociologists and economists to help interpret survey finds, Census data and trends.

Women are becoming more conscious of nutritional needs of the family and community, not just food for themselves.

Nutritionists need to use their imagination in planning programs. Methods may need to be changed to go along with changing situations.

The group was of the opinion that the materials sent out by Evelyn Blanchard on program projection (May 29) were excellent.

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